



Full menu served all day 9am-3pm

Breakfast

Firehouse Bakery toasted Malthouse Sourdough butter, mixed berry compote (g,d) *Vegan w/ no butter	3
Urban Health Vegan Granola greek yogurt, desiccated coconut, berry compote, fresh strawberry. (g,d) *vegan with dairy free milk alternative (€1) oat / soy / almond / hazelnut / coconut	6
Flahavan's Organic Porridge oat milk, fresh strawberry, mixed seeds & honey (g,ss) Add on : mixed berry compote / peanut butter (p) €1 almond butter (n) €1.50	6
Urban Proats - Flahavan's Organic Oats, ,vanilla whey protein powder, oat milk, strawberry, mixed seeds & honey (g,ss,d) vegan protein 50c add: mixed berry compot / peanut butter (n) €1 almond butter (n) €1.50	7
Açaí Bowl frozen berries, banana, açai powder topping With kiwi, coconut, chia seeds and strawberries	8
Breakie Wrap spinach, cherry tomatoes, boiled eggs, sundried tomato pesto in a toasted tomato base wrap (g,e,n) *Swap egg for tofu to make vegan (€1). (Tofu contains n, ss, g, s, cy, md)	7.50

Brunch

Brunch wrap

Burren smokehouse hot salmon, spinach, cherry tomatoes avocado, boiled egg & sun dried tomato pesto in a tomato based wrap (f,g,e,n)	10
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Smashed Avocado on Toast

Firehouse Bakery toasted Malthouse Sourdough, smashed avocado, mixed greens, mixed seeds (g, n) add: poached egg (e) €2 scrambled egg (e) €2.50 feta (d) €2.50 scrambled tofu (g,n,s,ss, may contain cy,md) €3 Burren Smokehouse salmon (f) €3.50	9
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French Toast

Firehouse Bakery Brioche dipped in a rich egg batter, served golden-brown, lightly dusted with icing sugar, honey and fresh berries (e,g,d)	9.50
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Urban Eggs

free range scrambled eggs, Firehouse Bakery toasted Malthouse Sourdough, basil pesto, mixed leaves, chili (e,g,n)	11
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Scrambled Tofu - scrambled sesame & almond tofu, Firehouse Bakery toasted Malthouse Sourdough, basil pesto, mixed leaves, chilli (g,n,s,ss, may contain cy,md)	11
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**Allergens: Gluten (g), Crustaceans (c), Egg (e), Fish (f), Molluscs (m), Soy (s), Peanuts (p),
Nuts (n), Celery (cy), Mustard (md), Sesame (ss), Dairy (d)**

Due to the high volume of nuts used in our kitchen all our dishes may contain traces of nuts!

Protein Pancakes

Sweet Cheeks

protein pancakes, honey, fresh berries, lightly dusted w/ icing sugar **(mk,e)**
(Protein powder used is manufactured in a facility that produces other products therefore it may contain traces of gluten, soy, egg, peanuts, nuts, celery, fish & crustacean)

10.50

Urban Protein

protein pancakes, Greek Yogurt, berry compote, flaked almonds, honey, fresh berries, lightly dusted with icing sugar **(mk,e,n)**
(Protein powder used is manufactured in a facility that produces other products therefore it may contain traces of gluten, soy, egg, peanuts, nuts, celery, fish & crustacean)

12

Add on : peanut butter **(p)** €1
banana €1
almond butter **(n)** €1.50

Soup - served with Firehouse Bakery toasted Malthouse Sourdough
(see counter for daily options)

6

Toasties

6

The Classic

cheddar cheese, caramelised onion, tomato on firehouse bakery multi-seed **(g,d)**

The spicy

chicken chipotle, cheddar on firehouse multi-seed **(g,d)**

Add on : Chicken/Turkey €2.50
Gluten-free & Vegan options €1

Combos

10

Soup and Toast combo

Soup & Wrap combo
(pre-made wraps in fridge or make your own)

Soup & Salad Combo
(choose 3 small veggie salads at counter)

**See counter area to make your own salad /wrap
& for daily soups & hot pots**

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